



THAN-PHONG TAEKWONDO INSTITUTE

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GRADING SYLLABUS

From 10th (lowest) KUP To 2nd DAN

10TH KUP - WHITE BELT

Hand Techniques:

- Riding stance mid-section punch
- Riding stance front block
- Front stance low block
- Front stance mid-section punch
- Front stance low block, reverse mid-section punch
- Front stance high section block
- Front stance high-section block reverse high section punch

Foot Techniques:

- **With long walking stance, perform:**
 - Outward crescent**
 - Rising kick
 - Instep kick
 - Front snap kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Saju chirugi
- (2) Kibon

One-step techniques

5 hand-and-foot techniques. Perform left and right.

9TH KUP - WHITE BELT W/ YELLOW STRIPE

Hand Techniques:

- Walking/ Front stance, low block
- Walking/ Front stance mid-section punch
- Walking/ Front stance, high block
- Front stance, low block, reverse mid-section punch
- Walking stance, reverse outer forearm mid-section front block

Foot Techniques:

- Crescent kick, rising kick, instep kick.
- Front snap kick and mid-section/high punch.

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Kibon
- (2) Taegeuk Il-jang
- (3) Taegeuk Yi-jang (8R)

One-step techniques

5 hand-and-foot techniques. Perform left and right.

8TH KUP - YELLOW BELT

Hand Techniques:

- Walking stance, reverse outer forearm mid-section front block
- Back stance, knife hand block change to front stance reverse mid-section punch
- Front stance, reverse knife hand mid-front strike.

Foot Techniques:

- Crescent kick, rising kick, instep kick with hand pad.
- Walking stance, low block, front snap kick, front stance, double punches.
- Front kick, low block, reverse mid-section punch

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Taegeuk Yi-jang
- (2) Taegeuk Sam-jang

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

1 round, 1-1/2 minutes

7TH KUP - YELLOW BELT W/ GREEN STRIPE

Hand Techniques:

- Walking stance, reverse outer forearm mid-section front block
- Back stance, knife hand block change to front stance reverse mid-section punch
- Front stance, reverse knife hand mid-front strike.
- Back stance double knife hand block
- Front stance knife hand straight spear
- Back stance outer forearm mid-section block
- Back stance reverse outer forearm mid-section block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance mid-section outer forearm front block, double punches.

Foot Techniques:

- Side kick.
- Walking stance, low block, front snap kick, front stance, double punches.
- Front kick, low block, reverse mid-section punch
- Round-house kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Taegeuk Sam-jang
- (2) Taegeuk Sa-jang

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

1 round, 1-1/2 minutes

Breaking:

One board with front or instep kick (right or left foot)

6TH KUP - GREEN BELT

Hand Techniques:

- Front stance low block then change to Ease stance, hammer fist strike
- Back stance, knife hand block change to front stance reverse mid-section punch
- Back stance double knife hand block
- Front stance knife hand straight spear
- Back stance outer forearm mid-section block
- Back stance reverse outer forearm mid-section block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance mid-section outer forearm front block, double punches.

Foot Techniques:

- Side kick, land front stance reverse elbow mid-section strike.
- Walking stance, low block, front snap kick, front stance, double punches.
- Front kick, low block, reverse mid-section punch
- Round-house kick, side kick
- Front stance, reverse outer forearm front block, jumping forward back fist strike

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Taegeuk Sa-jang
- (2) Taegeuk Oh-jang

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

2 rounds, 1-1/2 minutes

Breaking:

One board with round-house kick (right or left foot)

5TH KUP - GREEN BELT W/ BLUE STRIPE

Hand Techniques:

- Cat stance reverse palm fist block
- Front stance double forearm low-high outward block
- Front stance reverse knife hand 45 degree block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance mid-section outer forearm front block, double punches.
- Front stance, reverse outer forearm front block, jumping forward back fist strike

Foot Techniques:

- Front, round-house, side, back kick
- Half turn kick, slide side kick
- Jumping front kick
- Flying side kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Taegeuk Oh-jang
- (2) Taegeuk Yook-jang

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

2 rounds, 1-1/2 minutes

Breaking:

One board with side kick (right or left foot)

4TH KUP - BLUE BELT

Hand Techniques:

- Cat stance reverse palm-fist block
- Front stance wedging block knee kick jumping forward double upset punch
- Front stance reverse knife hand 45 degree block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance, reverse outer forearm front block, jumping forward back fist strike
- Front stance double forearm low-high outward block

Foot Techniques:

- Front, round-house, side, back kick
- Half turn kick, slide side kick
- Jumping front kick
- Flying side kick
- 360 degree instep kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- (1) Taegeuk Yook-jang
- (2) Taegeuk Chil-jang

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

2 rounds, 1-1/2 minutes

Breaking:

One board with back kick (right or left foot)

3RD KUP - BLUE BELT W/ RED STRIPE

Hand Techniques:

- Cat stance reverse palm-fist block
- Front stance wedging block knee kick jumping forward double upset punch
- Front stance reverse knife hand 45 degree block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance, reverse outer forearm front block, jumping forward back fist strike
- Front stance double forearm low-high outward block

Foot Techniques:

- Jumping double Front kicks (front kick, jump front kick in double motion)
- Half turn kick, slide side kick
- Jumping front kick
- 360 degree instep kick
- Flying side kick
- Walking stance back fist strike instep kick to the palm riding stance reverse elbow

Move up and down the Do-jang with count.

Patterns (Poomse)

- WTF's: Taegeuk Chil-jang, Taegeuk -Pal-jang
- 3 Basic Bo's Techniques

One-step techniques

5 hand-and-foot techniques. Perform left and right.

Sparring:

2 rounds, 1-1/2 minutes

Breaking:

- One board with turning wheel kick (right or left foot)
- One board jumping kick (off ground)

2ND KUP - RED BELT

Hand Techniques:

- Tiger stance reverse palm fist block
- Front stance wedging block knee kick jumping forward double upset punch
- Front stance reverse knife hand 45 degree block
- Front stance high knife hand block, same time reverse knife hand front strike
- Front stance, reverse outer forearm front block, jumping forward back fist strike
- Front stance double forearm low-high outward block

Foot Techniques:

- Jumping double Front kicks (front kick, jump front kick in double motion)
- Half turn kick, slide side kick
- Jumping front kick
- 360 degree instep kick
- Flying side kick
- Walking stance back fist strike instep kick to the palm riding stance reverse elbow

Move up and down the Do-jang with count.

Patterns (Poomse)

- WTF's: Taegeuk Pal-jang
- ITF's: Hwa-Rang
- All 5 Basic Bo's Techniques

1-Step Techniques

Self-create 5 one-step Techniques

Sparring:

2 rounds, 2 minutes

Breaking:

- One board with hand: punch, ridge-hand, knife-hand, back fist
- One board flying side kick

1ST KUP - RED BELT W/ BLACK STRIPES & EMBROIDERED

Hand Techniques:

- Front stance reverse arc hand strike
- Front stance low knife hand block
- Front stance left hand knee catching, right palm fist strike
- Front stance, reverse outer forearm front block, jumping forward back fist strike
- Front stance double forearm low-high outward block

Foot Techniques:

- Crescent kick front stance reverse elbow
- Double side kicks
- Jumping high kick
- Flying side kick over an obstacle
- 360 degree instep kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- WTF's: Koryo
- ITF's: Choong-Moo, Kwang Gae
- 5 Basic Bo's Techniques
- 12 Basic Nunchaku's Techniques
- Review all the forms from 10th grade to 1st grade

1-Step Techniques

Self-create 5 one-step Techniques.

Sparring:

2 rounds, 2 minutes.

Breaking:

- One brick with hand: punch, ridge-hand, knife-hand, back fist
- 1 board – 2 targets:
 - Off ground: Flying side kick over obstacle or high kick.
 - On ground: Back kick or reverse turning kick.

Written Test:

Answer 10 Questions.

1st POOM / 1ST DAN

Hand Techniques:

- Back stance cross hands block
- Riding stance both hands #9 block
- Front stance left hand knee catching, right palm fist strike
- Riding stance, double reverse outer forearm low block
- Front stance double forearm low-high outward block

Foot Techniques:

- Split kick
- Twisting kicks
- Jumping high kick
- Flying spinning back kick
- 360 degree instep kick

Move up and down the Do-jang with count.

Patterns (Poomse)

- ITF's: Po-Eun, Ge-Baek
- WTF's: Geumgang, Tae-Baek
- Review all the forms from 10th grade to 1st Dan/Poomse
- #1 Bo's Form
- #1 Nunchaku's Form

2-Step Techniques

Perform 5 out 10 Semi-sparring Techniques.

Sparring:

3 rounds, 2 minutes.

Breaking:

- 2 bricks with hand: punch, ridge-hand, knife-hand, back fist
- 2 board – 2 targets:
 - Off ground: Flying back kick or high kick.
 - Personal Special Breaking Technique
 - Poom Belt 1 board, 1 brick.

Written Test:

Answer 10 Questions.

BLACK BELT TRAINING SCHEDULE

1-POOM'S SCHEDULE

FORMS:

1. Review:
 - ITF's: Kibon, Saju Chirugi, Hwa-rang, Choongmoo
 - WTF's: 8 Taeguek Forms, Koryo
2. Required Forms:
 - ITF's: Kwang-Gae, Po-Eun
 - WTF's: Geumgang

TECHNIQUES: Semi Sparring

Flying kicks – side, high, back, split, double front, 360 spinning back, jumping 360.

WEAPONRY: Nunchaku Form #1 or Bo form #1

SELF DEFENSE: Judo's Techniques

1-DAN'S SCHEDULE

FORMS:

1. Review:
 - ITF's: Kibon, Saju Chirugi, Hwa-rang, Choongmoo, Kwang Gae
 - WTF's: Taegeuk 1 thru 8, Koryo
2. Required Forms:
 - ITF's: Po-Eun, Ge-Baek
 - WTF's: Geumgang, Tae-Baek

TECHNIQUES: Semi Sparring

Flying kicks – side, high, back, split, double front, 360 spinning back, jumping 360.

WEAPONRY: Nunchaku Form #1; Bo form #1

SELF DEFENSE: Judo's Techniques

2-POOM'S SCHEDULE

FORMS:

2. Review:
 - ITF's: Kibon, Saju Chirugi, Hwa-rang, Choongmoo, Kwang-Gae, Po-Eun
 - WTF's: 8 Taeguk Forms, Koryo, Geumgang

2. Required Forms:
 - ITF's: Ge-Baek
 - WTF's: Tae-Baek

TECHNIQUES: Semi Sparring

Flying kicks – side, high, back, split, double front, 360 spinning back, jumping 360.

WEAPONRY: Nunchaku Form #2 or Bo form #2

SELF DEFENSE: Judo's Techniques

2-DAN'S SCHEDULE

FORMS:

3. Review:
 - ITF's: Kibon, Saju Chirugi, Hwa-rang, Choongmoo, Kwang Gae, Po-Eun, Ge-Baek
 - WTF's: Taeguk 1 thru 8, Koryo, Geumgang, Tae-Baek
4. Required Forms:
 - ITF's: Ge-Baek, Eui-Em
 - WTF's: Pyongwon

TECHNIQUES: Semi Sparring

Flying kicks – side, high, back, split, double front, 360 spinning back, jumping 360.

WEAPONRY: Nunchaku Form #2; Bo form #2

SELF DEFENSE: Judo's Techniques

*15yrs & older: (DAN) at least 2 years continuous training;
under 15 yrs of age: (POOM) at least 2-1/2 yrs
to qualify Testing to 3rd:*